

We Can:

- Connect you with resources for you and your family, including peer supports.
- Provide individual, couples, and/or family therapy.
- **Help establish safety in a way that feels right to you.**

*If you have questions,
please call us to
find out more.*

You can also call:
MA Safe Link
24-Hour Hotline:
1-877-785-2020

**National Domestic
Violence 24-Hour Hotline:**
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)
www.thehotline.org

You are not alone! The Safing Center can help.

The military term “Safing” means transitioning from combat readiness to a safe condition and signifies our commitment to helping Veterans establish safety in their relationships.

THE SAFING CENTER

A Recovery-Oriented and
Veteran-Centered Program.

781-687-3998



**Edith Nourse Rogers Memorial
Veterans Hospital**
(Bedford VAMC)
200 Springs Road
Bedford, MA 01730



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Is Someone You Love Hurting You?



A Recovery-Oriented and
Veteran-Centered Program

781-687-3998

Is someone you love hurting you? You are not alone.

Has your partner done any of the following:

- Insulted you, put you down, made you feel ashamed or embarrassed?
- Told you what to do or who you could see?
- Threatened to hurt you, your children, your family, or your pet?
- Pushed, hit, or forced you to have sex?
- Isolated you from others?
- Made you feel afraid to seek help?

If you answered “YES” to any of these questions, call us.

No one has the right to hurt you or make you feel unsafe.

We are here to meet with you privately, listen without judgment, assist you in finding a safe place to stay, or connect you with other needed services.



781-687-3998

Feeling emotionally or physically unsafe in your relationship can:

- Affect your mood
- Impact your health
- Lead to problems at work
- Affect your friendships and relationships with others
- Make it difficult to trust
- Lead to feelings of anger, fear, or hopelessness
- Get worse if you don't seek help
- Lead to difficulties for your children

You deserve to feel safe and healthy in your relationship.